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STOMACH AND DIGESTIVE SYSTEM'S DISEASES

Tib e Ahlebait

DEDICATION

We are thankful to Allah Almighty that he has given us the opportunity to share Tib e Ahlebait with Momineen and Mominat and with the whole world. We are gifting this struggle to the mother of Imam Hassan a.s and Imam Hussain a.s the beloved daughter of prophet Muhammad P.B.U.H and wife of Imam Ali a.s hazrat Fatima s.a and Imam Mehdi a.s. May Allah give us more tofiq to spread Tib e Ahlebait everywhere to fulfil our promise with Imam Mehdi a.s. may Allah accept our this struggle, Ameen. We request to all Momineen and Mominat to pray for us that Allah help us in this way to bring a revolution in the world by Tib e Ahlebait. Ameen

**In the name of Allah Almighty who
is most merciful and beneficent**

**Allahumma Salli A' la Muhammad
wa Aali Muhammad A.F**

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1. Stomach diseases

Hazrat Muhammad P.B.U.H said:

Stomach is the root of all diseases and prevention is the cure of all diseases.

(Bihar ul Anwar)

Reasons

1. Overeating
2. Not chewing properly
3. Taking bath while empty stomach
4. Usage of chemicals
5. Cold drinks and cold water
6. Fast foods
7. Drinking water immediately after eating meat
8. Hot meal
9. Eating eggs daily
10. Uncooked or old meat
11. Dried salted meat
12. Taking so many medicines

Causes of stomach diseases:

1. Drinking water during meals
2. Cold water
3. Eating dry or hard foods
4. Dried meat
5. Eggs
6. Taking bath with empty or full stomach
7. Not chewing food thoroughly

8. Eating in hurry
9. Taking so many foods or medicines for correction of stomach system.

Symptoms

1. Burning after taking meal
2. Stomach ache and inflammation
3. Swelling or puffiness
4. Bloody vomit in case of ulcer
5. Blackish urine
6. Nausea or puke
7. Changes in appetite
8. Losing weight without any reason

Things which are good for stomach's health

1. Broad beans
2. Celery
3. Thyme
4. Rice beard
5. Pomegranate's inner membrane
6. Quince
7. Russian olive (sinjid)
8. Cow's milk
9. Pears
10. Apples
11. Taking salt after meal
12. Aab e Nisan (rain water)
13. Chives

Foods that cleanse the stomach

1. Sawiq
2. Quince
3. Dates
4. Luke warm water
5. Sawiq e udas (Lentil Saweeq)
6. Pears
7. Imam Ali Raza's syrup

Imam Jafar sadiq a.s said:

Stomach is the origin of every illness. Prevention is the first step of treatment. You should eat those things which suits you.

(Tib al Mustafa pg 25)

Prophet Muhammad P.B.U.H said:

Eat broad beans it eliminates stomach infection and it will strengthen the digestion system.

(almahasin part 2 pg 506)

Imam Jafar sadiq a.s said:

1. Eat broad beans along with its skin it corrects stomach's function.

(usool e kafi part 6 pg 344)

2. Take pomegranate along with its inner membrane it corrects the stomach function and digests the food.

(Al Mahasin part 2 pg 356)

3. take pomegranate pulp. It is good for stomach's heaviness, it cleanses the stomach and digest the food.

(Tib ul Aamma a.s pg 87)

4. Russian olives make new muscles, maintains heart's temperature, cleanses the stomach, cures leprosy and hemorrhoid(piles), and warm up the kidneys.

(Darooye Ma'nawi pg 219)

5. Eat quince it corrects the stomach function and strengthens the heart.

(Al Mahasin part pg550)

6. Give rice's bread to those who have stomach problem. It is the best thing for him to eat. It accurate the stomach function and treats TB.

(Usool e Kafi 6th part pg 305)

7. A man once complained about his stomach problem to Imam Jafar Sadiq a.s, Imam a.s asked him, has anyone prohibited you to have cow's milk? The man said, I had it (cow's milk) before. Imam a.s asked him, so how was it (milk)? He replied, it rectifies stomach's function, builds kidneys' fat and increases appetite.

(Usool e Kafi 6th part pg 337)

8. Pear rectifies and strengthens the stomach. The pear and the quince works the same. The pear works great after meal while

quince is good before meal. Who feels heaviness in his heart should have some pear.

(Usool e kafi part 6 pg 358)

9. Allah has created teeth to chew food thoroughly. Chewing properly increases appetite and repairs the stomach.

(Bihar ul Anwar part 73 pg 134)

Imam Ali a.s said:

1. Thyme helps in digestion and speed up the function of stomach.

(Al Mahasin 2nd part pg 516)

2. Eat apple, it cures the stomach.

(Usool e kafi part 6 pg 357)

Foods which cleanses the stomach:

Prophet Muhammad P.B.U.H said:

1. Eat barni dates, it makes mouth smells good, cleanse the stomach and helps in digestion.

(Al khisal pg 416)

2. Iftar (breaking fast) with warm water cleanses the liver and the stomach.

(Rodath ul waa'ezin pg 341)

Stomach phlegm

Imam Jafar Sadiq a.s said:

Sathoo (Grams and barley paste) fights with bile, stomach's phlegm and is the cure of 70 diseases.

(usool e kafi part 6 pg 306)

Imam Ali a.s said:

Use thyme it eliminates stomach's moisture, and creates a layer of mesh for it as silk worm.

(Usool e kafi part 6 pg 6)

Imam Raza a.s said:

Eat boswellia (frankincense) it eliminates phlegm of stomach, boosts the brain and stomach and activates the digestion.

(Makarim al akhlaq pg 194)

Imam Musa e Kazim a.s said:

To a person who complained about stomach moisture, to use mint powder at morning.

(Wasail ush shi'a part 17pg 125)

2.ULCER

TREATMENT

- 1.** Ginger tea
- 2.** Honey+black seeds

Medicines in Tib e Ahlebait

1. Murakkabe 2
2. Murakkabe 1
3. Hazoom
4. Jama'e Imam Raza a.s
5. Shafia
6. Murakkabe 3

Peptic Ulcer

Duodenum is the origin of this type of ulcer due to acids. It causes an ache at specific part and the pain become intense while touched. It burns as someone is drilling and gets intense while hungry. Fatty foods give some relief but after digestion it starts again. In severe condition it causes blood urine. At first blood comes little but gradually it causes blood puke. Blackish stool, burning, constipation and nervousness are some of the symptoms. It is due to indigestion and eating carelessly.

Treatment:

1. Jame' Imam Raza a.s +cumin
2. Jame' imam Raza a.s + honey
3. Murakkabe 2
4. Ginger tea

Gastric Ulcer

The swelling in Gastrointestinal salivary membrane which damages the small or a large portion of the stomach.

Treatment:

1. Hazoom
2. Murakkabe 2
3. Jame' Imam Raza a.s with cumin water

3. Foods that strengthens the stomach

Imam Jafar e Sadiq a.s said:

Eat sawiq (Sattu,) it cures thirst, makes stomach strong, it treats 70 diseases, fights with bile, reliefs the stomach, lowers blood pressure and decreases the body heat.

(Usool e kafi part 6 pg 307)

Prophet P.B.U.H said:

Consume Hazoom (a medicine in Tib e Ahlebait). It is good to digest heavy food, strengthens the stomach, eliminates phlegm and prevents from paralysis (spasmodic distortion).

(Makarim Al Akhlaq pg 187)

Murakkabe 2 (zanjafilat) (a medicine of Tib e Ahlebait)

It cures heart heat, stomach ache and is good to strengthen the stomach.

(Tib ul Aimmah a.s pg 77)

Imam Jafar e Sadiq a.s said:

Compound of walnut and carom (trachyspermum ammi) keeps kidneys warm, kill piles and strengthens the stomach.

(Bihar ul Anwar part 63 pg 198)

Stomach heat

Imam Jafar e Sadiq a.s said:

If there was no heat in stomach it couldn't digest the food and if there was no air in stomach it couldn't move out the stool.

(‘Ilal ush sharaye’ part 1 pg 107)

Causes of stomach diseases

Imam Ali a.s said:

Oh Kumail! (imam's companion) never overeat, it damages the stomach.

(Tohf ul u'qool pg 172)

Imam Raza a.s said:

1. Eating eggs in daily basis damages, the stomach.

(Tib ur Riza a.s pg 28)

2. If you want a healthy stomach you should not drink water during meal because, it cools down the body's temperature and fills water in food veins which damages the stomach.

(Usool e kafi part 6 pg 383)

3. Do not drink cold water and take bath with ma' ush sha'eer (barley water) it destroys the stomach health.

(Mustadrak Ul Wasail part 1 pg 282)

4. Don't eat eggs and fish together it is bad for stomach, causes colic (gripes) piles and toothache.

(Bihar ul Anwar part 63 pg 62)

5. Chives gets rid of stomach gas.

(Al kafi part 6 pg 395)

6. Murakkab e 3 is good for stomachache and puffiness.

(Tib ul Aimmah a.s pg 77)

Imam Baqir a.s said:

Dried or preserved meat is the worst meat it damages the stomach, it has no benefits and causes so many diseases.

(Al kafi part 6 pg 314)

Imam Jafar e Sadiq a.s said:

1. Don't take bath while your stomach is empty and while it is full. Is there anything in your stomach it will strengthen your body and maintains stomach's temperature.

(Tib e Aal e Muhammad pg 174)

2. Eat pears it makes the stomach strong.
3. Rice bread is beneficial for stomach.
4. Cow's milk is good for stomach.
5. Eat broad beans it cleanses the stomach.

(Makarim ul Akhlaq part 1 pg 397)

Prophet P.B.U.H said:

Eat barni date it cleanses the stomach of toxins.

(Al Mahasin part 2 pg 343)

Imam Musa e Kazim suggested a person with stomach problem to have cow's milk.

(Makarim ul akhlaq part 1 pg 379)

Acidity

Treatment:

1. Honey
2. Black seeds
3. Murakkab e 2
4. Ginger tea
5. Black cumin tea at night
6. Jama' Imam Raza a.s

Acidity after meal

Treatment:

1. Rose oil 2 tsp+1/2 tsp. vinegar
2. Rose petals 2tsp+honey 2tsp at bed time(night)
3. Hazoom after meal

Foods that helps in digestion

Imam Jafar e Sadiq a.s said:

1. Radish has three benefits. Its leaves treat gastric problem, its seeds flush out the urine, its roots kills phlegm and digest the food.

(Usool e Kafi part 6 pg 371)

2. Wild basil is the salad of Anbiya(prophets). It has eight benefits. Increases hunger, cures nausea, freshens the breath, increases appetite, cures illness and leprosy. It fights with the diseases in the stomach.

(usool e Kafi part 6 pg 364)

Prophet P.B.U.H said:

1. Eat cheese. It gives relaxation while asleep and digests the food.

(Tib ul Aimmah a.s pg 71)

2. Eat salad leaves it brings sleep and helps in digestion.

(Makarim ul akhlaq pg 183)

Imam Ali a.s said:

Sattu(sawiq) is the best food it fills your hunger while you are hungry and digest food while you are full.

(Usool e Kafi part 6 pg 305)

Stomach's diseases

Treatment:

1. Hazoom
2. Murakkabe 2

3. Jamea' Imam Raza a.s+cumin water

4. Murakkab e 3

Acid Reflux, Gastroesophageal Reflux

Burning and acidity

In this case patient feels burning and acidity. It is due to several acids present in the stomach and it causes pain, gas and bad breath. It occurs due to indigestion it is also known as dyspepsia. A person who eats carelessly face this problem.

Cure:

1. Jame' Imam Raza a.s with cumin water

2. Hazoom

3. Murakkabe_2

4. Senna leaves

Prevention (things to avoid):

1. Spice and sour

2. Smoking

3. Deep fried food
4. Drinking water during meals
5. Cold drinks

Gastric pain

It occurs at the top of stomach. It became intense gradually. It feels like burning. It may be short or for long period. Sometimes it feels like flux, Puke etc.

Treatment:

1. Murakkabe 1
2. Murakkabe 2
3. Murakkabe 3
4. Hazoom
5. Jame' imam Raza a.s +cumin water

Gastroparesis

Gastroparesis is the situation occurred when food remains in the stomach for long time. It is due to the improper functioning of the food nerves and muscles which causes the food to stay in stomach. It is a constant disease which feels like puke, affects appetite and causes to lose weight.

Treatment:

1. Hazoom
2. Jame' imam Raza a.s +cumin water
3. Murakkabe 2
4. Pomegranate
5. Quince
6. Apple
7. Thyme
8. Cow's milk

Stomach cancer

Gastric Cancer

The generation of bad cells in the stomach causes cancer. A person having the cancer already can face stomach cancer as well.

Basic symptoms:

1. Feeling heaviness after meal
2. Difficulty to swallow
3. Puffiness

4. Heart Burn
5. Indigestion
6. Burps
7. Pain in stomach or ribs
- 8. Bloody puke**
9. Under weight
10. Anemia
11. Weakness or fatigue
12. Gasp

Severe condition:

1. Feeling as stomach is full of water or there is any tangle.
2. Anemia
3. Bloody or blackish stool
4. Weakness or fatigue
5. Less appetite
6. Losing weight

Treatment in Tib e Ahlebait:

1. **S**afa
2. Jame' Imam Raza a.s +cumin water
3. Black seeds+ honey
4. Mint tea
5. Murakkabe 2
6. Pomegranate or its paste

Colorectal Cancer/Colon Cancer

Intestine helps to absorb the nutrition for the body. There is small intestine and large intestine

It consists of three parts

1. Colon
2. Rectum
- 3. Anus**

Types of colon cancer

1. Colon cancer
2. Rectal cancer

Colon cancer begins when healthy cells accumulate, they form a tumor. With time, the cancer cells can grow to invade and destroy normal tissue nearby. They start from colon walls. They spread through blood to other parts of the body. It is called secondary cancer.

Symptoms:

1. Blood in urine
2. Changes in stool (constipation, diarrhea)
3. Stomach ache or puffiness
4. Frequent stools
5. Losing weight without any reason
6. Fatigue

Treatment by Tib e Ahlebait:

Treat rectal cancer and bleeding

1. Safa
2. Tareefal
3. Senna
4. Zaheer (medicine)
5. Injection of jame' Imam Raza a.s + quince's honey into colon
6. Dua for swelling
7. Murakkab e 2
8. Fig
9. Chicory
10. Maqal arzuq(medicine) in case of bleeding

Thymus cancer

The thymus is a small organ that lies in the upper chest under the breastbone, is a part of the lymph system. It makes the white blood cells, called lymphocytes, that protect the body against infections.

Thymoma and thymic carcinoma are diseases in which malignant (cancer) cells form on the outside surface of thymus

Symptoms:

1. Shortness of breath
2. Bloody cough
3. Chest pain
4. Swallowing difficulties
5. Loss of appetite
6. Weight loss

Treatment:

1. Safa
2. Medicine of Holy Prophet P.B.U.H
3. Sawiq
4. Lamb's meat cooked in cow's milk

5. Turaifel

6. Dua for swelling

Bulkmus

In this condition a person feels hungry immediately after meal and is intense.

Reasons:

1. Spleen edema
2. Melancholy
3. Stomach worms

Treatment:

1. Sodabar (a medicine for melancholy)
2. Jame' Imam Raza a.s with chicory sweat
3. Tahaal
4. Buqlat ul Fatima

Relaxation of stomach

In this case the stomach walls become weak and loose. Indigestion, weakness and constipation are the symptoms.

Treatment:

1. Hazoom
2. Murakkabe 2
3. Jame' Imam Raza +cumin water

Stomach ache or gastric problem after meal

Pain after meal in stomach along two facets and gastric problem

Treatment:

1. Safra bar (medicine for zero mood)
2. Murakkabe 2
3. Jame' Imam Raza a.s and cumin water

Sugar type 2nd

In type 2 diabetes, body's cells aren't able to respond to insulin as well as they should. Pancreas helps in digestion but can't digest the food.

Treatment:

1. Murakkabe 4
2. Sawiq e jo (barley)
3. Zucchini juice

Irritable bowel syndrome (IBS)

IBS is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, diarrhea or constipation or both, sleep disorders, indigestion, and headache etc.

It is a chronic condition that needs to manage for long term.

Treatment:

1. Jame' Imam Raza a.s in water
2. Nerve strengthening medicine (Tib e Ahlebait)
3. Safra bar
4. Sawiq e garus (bajra, Millet)
5. Rice bread
6. Zaheer(medicine)

7. Senna +rose petals

Inflammatory bowel Disease

This condition causes long-lasting inflammation and sores (ulcer) in the innermost lining of large intestine (colon) and rectum.

Symptoms:

1. Stomachache and cramp
2. Bloody Diarrhea
3. Intestinal problem
4. Fever
5. Weight loss
6. Decrease in appetite
7. Anemia

Treatment:

1. Zaheer
2. Jame' Imam Raza a.s + cumin water
3. Jame' +muwarid water
4. Jame' +honey
5. Senna
6. Chicory

Left side pain and heaviness

Treatment:

1. Jame' + celery juice

2. It'Hal (medicine)

3. Murakkabe 2

4. Hazoom

Stomach ache at left and right side

Treatment:

1. Jame' +cumin water

2. Murakkabe 9

Stomachache

Treatment:

1. Murakkabe 1

2. Murakkabe 2

3. Jame' +cumin water

4. Milk+ honey

Ascites

It is caused by the accumulation of fluid in the peritoneal cavity, causing abdominal swelling. It causes breathing problem, stomach's disturbance, nausea and vomiting.

Treatment:

1. Turaifel(medicine)
2. Murakkabe 1
3. Senna

Constipation

Constipation refers to bowel movements there are frequent or hard to pass. The stool is often dry and hard. Common causes include slow movement of stool within the colon and pelvic floor disorders.

Treatment:

1. Senna leaves
2. Basfainj (medicine)
3. Sodabar
4. Murakkabe 9

Myasthenia Gravis(MG)

M.G is a neuromuscular disorder that causes weakness in the skeletal muscles, which are the muscles your body uses for movement. It occurs when communication between nerve cells and muscles becomes impaired. Muscles of the

eyes and chest are mostly affected by this which causes gasp as well.

Symptoms:

1. Difficulty in swallowing and chewing
2. Fatigue
3. Tired face
4. Difficulty in works to do (stairs, lifting etc.)
5. Double vision
6. Voice changes
7. Hindrance in focus
8. Droopy eyelids

Treatment:

1. Turaifel
2. Sawiq
3. Medicine of Hazrat Muhammad P.B.U.H
4. Lamb's meat which is cooked in milk

Gallbladder stone

Gallstones are solid particles that form from bile cholesterol and bilirubin in the gallbladder.

Symptoms:

1. Abdominal pain with fever

2. Sweating

3. Chills

4. Jaundice

5. Vomiting

Treatment:

1. Jame' Imam Raza a. s+ 50 gm Senna 3times
2. Jame' + sachmonia
3. Boil seeds of thirty (30) dates and consume in 3days

Gallbladder Cyst

Treatment:

1. Senna+ tabashir

Appendix

The appendix is a small pouch like sac of tissue (of four inches or seven to eight cm) that is located in the first part of the colon (cecum) in the lower-right abdomen. Lymphatic tissue in the appendix aids in immune function. It has good bacteria in it which helps in digestion.

When appendix burst its toxic acids spread in the stomach which causes burning. When a particle stuck into the appendix it creates infection which is dangerous to human body.

Symptoms:

1. Sudden pain
2. Navel and right abdominal pain
3. Pain worsens in case of cough, walk or other jarring movements
4. Nausea and vomiting
5. Fever
6. Constipation
7. Problem in urination

Reasons:

1. Swallow the food particles which remained in teeth
(Islam has suggested to clean teeth thoroughly, otherwise it is not good for health)
2. Laying in bathroom

3. Sitting near heater etc.

Treatment:

Shafia + 21 black seeds+ 50gm honey

Heaviness at left side while breathing

Reason:

1. Stomach inflammation
2. Disorder of pancreas

Treatment:

1. Hazoom
2. Jame' with cumin water
3. Murakkabe 2
4. Tahaal (medicine)

Stomach worms

Treatment:

- 1.** Seven dates at bed time
- 2.** Vinegar at early morning (to avoid acidity take some honey after vinegar)

Flatulence (gassiness)

The gas should pass out of body but in some cases it can be abnormal it has so many reasons. Distance from sea level also affects as well as at plane it needs to be pass out as it spreads due to air pressure. The undigested food particles pass from small to large intestine, it creates gases which passes out. Eating horridly, chewing gums or soda water etc. all causes gastric issues. According to the specialists the bad smell of stomach's gas is due to the food which is not absorbed properly by the body.

Reasons:

1. Irritable Bowel Syndrome IBS
2. Stomach disorder
3. Smoking
4. Indigestion
5. Eating horridly
6. Cold drinks and soda drinks
7. Chewing bubble gums
8. Helicobacter pylorus (eating sweets)
9. C. difficile (bacteria in intestine)

Symptoms:

1. Swelling of stomach

2. Stomach ache and burps

3. Constipation

4. Gassiness

5. Indigestion

6. Gripes

Treatment with Tib e Ahlebait:

1. Jame Imam Raza a.s + fennel seeds

2. Syrup of Imam Raza a.s

3. Hazoom

4. Sikanjbin (sweetened beverage of diluted lemon juice)

5. Murakkabe 4

6. Murakkabe 2

7. Murakkabe 3

Suitable food items:

1. Beans
2. Red roses+ 1tsp honey at night
3. Mint tea
4. Ginger + lemon tea
5. Fennel seeds tea (men should avoid)
6. Walnut + carom (trachyspermum ammi)
7. Lemon balm tea
8. Cinnamon tea
9. Olive oil
10. Radish leaves
11. Carom essence (sweat)
12. Chives
13. Honey

Sayings of Ahlebait a.s

Walnut + carom

Imam Jafar Sadiq a.s said:

Eat walnut along carom, it kills piles, pass out the gases, make skin beautiful, cleanse the stomach and keep kidneys warm.

(Makarim ul akhlaq pg 191)

Honey

Imam Jafar e Sadiq a.s said:

1. Honey along with black seeds is the cure of stomach and its gases.

(Mustadrak ul Wasail part 16 pg 397)

2. Beans (red) passes out the gas.

(Wasail ush shi'a part 25 pg 130)

3. Radish leaves kill gases and phlegm.

4. Olives has the ability to kill the stomach gases.

(Tib ul Mustafa s.a.w.w)

5. Chives have four benefits. Freshens the breath, cures gas, piles and leprosy.

(Tib ul Mustafa s.a.w.w)

Stomach ache:

A person complained about stomach ache to Prophet P.B.U.H, prophet suggested him to take a glass of warm water add honey into it and recite Surat ul Hamd seven times at it. It will get relief.
(it is good for intestinal infection and colic as well)

(Tib ul Aimmah a.s pg 27)

Prophet P.B.U.H said:

Murakkabe 4 is good for stomach ache and joint pain.

(human pg 77)

Imam Ali Raza a.s said:

In case of stomachache and gripes take 1 walnut and bake it with its peel then peel off and eat it immediately. It will give relief.

(Tib ul Aimmah pg 101)

(it is best for heart pain, old migraine, headache, nerve disorders as well)

Imam Jafar e Sadiq a.s said:

Take honey (1tsp) and black seeds (7, 9 or 11) early in the morning. It is cure for all disease. It is good for any temperament hyper or calm.

(Tib ul Aimmah a.s pg 100)

There was a Jewish doctor in Madinah who treated his patients with operation. People asked prophet P.B.U.H could they consult that doctor for operation? Prophet P.B.U.H refused and said, black seeds, cupping and venesection are the best to cure your diseases.

(Bihar ul Anwar part 59 pg 83)

Murakkabe 3 is good to reduce stomachache and phlegm.

(Tib ul Aimmah pg 77)

Imam Jafar e Sadiq a.s said:

There was no prophet who didn't eat barley because it kills stomachache. Allah didn't like anything else for his messengers to eat except barley.

(Usool e Kafi part 6 pg 403)

A person complained about bloody flux to Imam Baqir a.s Imam suggested him to have Zaheer (Armenian flower) (medicine of Tib e Ahlebait)

And heat it up and take 2 tsp of it.

(Bihar ul Anwar part 92 pg 108)

Imam Jafar e Sadiq a.s:

Have Rice's sawiq cooked iv cow's milk it is good for diarrhea.

(Tib ul Aimmah a.s pg 100)

Ahmad bin is'haq complained about his father's intense diarrhea, imam Ali Raza a.s suggested him jame' with morid (Tib e Islami part 2 pg 335)

Abdul Rahman bin Kathir littered with diarrhea. Imam Jafar Sadiq a.s suggested him to take sawiq of setaria viridis (foxtail millet) with cumin water. He had that and became good.

(Usool e kafi part 6 pg 345)

side pain

A man complained about side pain. Imam suggested him to eat the remained particles of food after meal. He said, I did the same and get cured. A person whose name was Ibrahim did the same and he became good as well.

(Al Mahasin part 2 pg 444)

Prophet P.B.U.H said:

Kasham is beneficial for side pain.

(Tib ul Aamma a.s pg 60)

Ibn e Bastham said that Imam Jafar Sadiq a.s has suggested Murakkabe 9 for side pain.

(Tib ul Aamma a.s pg 76)

Murakkab e 2 is good for heartburn, abdominal pain, strengthens stomach and side pain.

(Haman)

Imam Ali Raza a.s has suggested to have 2 glass of water and boil it until 1 glass remains and add small amount of Jame' Imam Raza a.s, to cure side pain.

(Tib ul Aimma a.s pg 90)

Gastric issue

Darih al Maharabi complained about gastric problem. Imam Jafar e Sadiq a.s suggested him to have honey with black seeds.

(Tib ul Aimma pg 48)

Urine Incontinence

Umro al Afraq complained about this issue, imam Baqir a.s suggested him to take pecan (peganum harmala seeds) wash it seven times with cold water and at last wash it with warm water

And dry it in shadow. Make a paste with pure oil and use it. Inshallah you will get rid of it.

(Tib ul Aimma pg 54)

Irritation in bladder and urination

Imam Baqir a.s has suggested to take a cucumber's peel and boil it with chicory's root and add sugar in it and have 450 grams of it early in the morning, for 3 days.

(Tib ul Aimmah a.s pg 54)

Colic

Eat fig it relieves your chest and is good for colic.

(Tib ul Aimmah a.s pg 138)

Imam Ali Raza a.s said whoever will eat eggs along fish he will suffer with colic, gout and tooth ache.

Treatment: honey +warm water + seven times Surat ul Fatiha

(Mustadrak ul Wasail part 14 pg 359)

Whoever will take bath with full stomach will suffer with colic.

(Bihar ul Anwar part 59 pg 321)

Imam Baqir a.s said:

Whoever will go to his wife at early night, he will suffer with colic, stroke or paralysis.

(Bihar ul Anwar part 59 pg 327)

Imam Ali Raza a.s said:

Taking melon in breakfast will cause paralysis or colic.

(Makarim ul Akhlaq pg 175)

You should eat figs. It is good for colic, make bones strong and grow hair.

(Tib ur Reza a.s)

Prophet Muhammad P.B.U.H said:

1. Eat figs it prevents you from colic or gripes.

(Tib un Nabi s.a.w.w pg 27)

2. Seven dates at night saves you from colic.

(Da'aim Islam part 2 pg148)

3. Whoever will start his meal with salt he will be safe from colic.

(Mustadrak Ul Wasail part 16 pg 327)

Imam Jafar Sadiq a.s said:

1. Eat pumpkin's sweet (halwa) it is good for colic.

(Tib ul Aemma a.s 138)

2. Eat carrots it kills piles and colic.

(Usool e Kafi part 6 pg 371)

3. Whoever will have seven leaves of chicory at bed time he will be safe from colic that night.

(Al Mahasin part 2 pg 509)

Stomach's gas

Walnut + carom seeds

Imam Jafar Sadiq a.s said:

Walnut with carom seeds kill piles, gas, gives beauty to the skin cleanses the stomach and keep kidneys warm.

(Makarim ul Akhlaq pg 191)

Honey

Imam Jafar e Sadiq a.s said:

Honey along black seeds is the cure for gas and stomach.

(Mustadrak ul Wasail part 16 pg 397)

Digestive diseases

Imam Ali a.s said:

Eat to live, not live to eat.

Take breakfast and dinner. Skip lunch because it damages the body, didn't you listen what Allah Almighty says (in Quran)

“They hear therein no idle talk, but only Peace. And therein they have food for morn and evening.”

(Surat ul Maryam: 62)

Imam Ja'far e Sadiq a.s said:

There will be two meals in Heaven in a day, in the morning and in the evening.

(Mafatih ul Hayat)

Most of the stomach problem is due to indigestion that is why we should skip the lunch it is burden to our stomach, which leads us to disease. If feeling hungry then should take some light foods or juices or Sattu etc. gradually it will become a habit and will be a pleasure. It is best advice to those with stomach problem.

Medicines in Tib e Ahlebait a.s in this regard:

1. Hazoom
2. Murakkabe 3
3. Shafia
4. Imam Ali Raza's syrup
5. Murakkabe 2

Dyspepsia

Causes:

1. Overeating
2. Not chewing thoroughly or eating in hurry
3. Fried food
4. Spices
5. Indigestion and sorrow
6. Eating 3 times a day

Symptoms:

1. Stomachache and constipation
2. Stress and sour burps
3. Burning of hands and feet
4. Weakness
5. Swelling of stomach after meal
6. Urination disorder

Tib e Ahlebait a.s (medicine):

1. Sudabar
2. Murakkabe 09 (busbasa Past)
3. Basfainj
4. Hazoom
5. Murakkabe 4
6. Shafia
7. Senna + rose petals
8. Imam Ali Raza's syrup
9. Murakkabe 2

10. Applying olive oil, sesame oil or almond oil in belly button
11. Olive oil
12. Figs
13. Quince's juice
14. Apple juice
15. Honey +warm Water
16. Naqia + warm water
17. Grapes syrup
18. Chicory water
19. Mint water(sweat)+ fumitory water

Precautions:

1. Dates
2. Just have breakfast and dinner
3. Chew properly and slowly
4. Avoid bear and fast food
5. Avoid Overeating
6. Avoid Fried food
7. Fine flour (use it with its fiber or have barley's flour)
8. Exercise

HIRSCH sprung

Hirsch sprung disease is a birth defect in which nerve cells are missing at the end of a child's bowel. This damage causes blockages in the bowel normally. Most often, the areas missing the nerve cells are the rectum and the sigmoid colon.

Symptoms:

1. Swelling
2. Stomachache
3. Constipation
4. Overweight
5. Gas
6. vomiting

symptoms in child

1. difficulty in stool passage
2. stomach swelling or gas
3. diarrhea
4. vomiting (green or grey)

In case of Diarrhea

Treatment:

1. Diarrhea's medicine (Tib)

2. Nerve strengthening medicine

3. Sour grapes or its juice

4. Orange blossoms

5. Yarrow

In case of constipation:

Treatment:

1. Daroo e Mullayin

2. Morkb 9

3. Senna +Rose

4. Morkb 4

5. Sodabar

6. Zaheer

Ascites fluid

The accumulation of fluid in the peritoneal causing abdominal swelling.

Reasons in Tib e Ahlebait a.s

1. Eating blood
2. Drinking water while standing at night
3. Wearing pants while standing
4. Drinking water just after bath
- 5. Kidney disorder**

Reasons in Medical

1. T.B
2. Kidney disorder
3. Thyroid
4. Cancer
- 5. Testicle's infection**

Symptoms

1. Increase in weight
2. Dyspnea
3. Abdominal swelling and pain
4. Stomach trans off
5. Feeling heaviness
6. Indigestion
7. Nausea Vomiting
8. Change in bellybutton

Treatment by Tib

1. Turaifel
2. Ibne Bastham
3. Senna leaves

Narrations of Ahlebait a.s **(Water in Abdominal)**

Whoever will not wash the meat properly and eat that, a yellow fluid will be produced in his stomach which causes bad breath.

(Al Mahasin part 2 pg 334)

Imam Ja'far Sadiq a.s said:

1. Drinking water while standing at night will produce yellow fluid in the stomach.

(Usool e Kafi part 6 pg 383)

2. Don't drink water immediately after bath or at night while standing it makes yellow fluid in stomach.

(Mustadrak ul Wasail part 1 pg 437)

3. Don't wear your clothes (breeches) while standing it will cause grief and yellow liquid in the stomach.

(Mustadrak ul Wasail part 3 pg 313)

Once a man came to Imam Ali Raza a.s and complained about yellow fluid in his stomach, Imam suggested him to write Ayat ul Kursi with saffron 2 times on his stomach then wash and drink that Insha'Allah will be fine he did the same and get cured.

Hernia

A condition in which part of an organ is displaced and protrudes through the wall of the cavity containing it (often involving the intestine at a weak point in the abdominal wall). By lying it disappears and does not feels. Gradually its pain become severe. Different medicines can be used in this case. It can be by birth. In children it can be in bellybutton or underneath stomach. Heavy weight lifting can cause this with swelling. This is mostly common in women while washing or lift any heavy stuff due to which swelling occurs underneath skin. Sometimes mild rosin occurs in muscles underneath delicate areas such as lower thighs of the abdomen etc. which become severe after lifting weights.

Beneficial foods for hernia:

1. Make tea with Ginger+ honey +cinnamon+ chamomile and have it at morning and night.
2. Eat light food and Chew it properly

Medicines in Tib e Ahlebait a.s:

1. Daroo e fatq (malidani) + grape's vinegar + honey make paste and apply it on hernia.
2. Daroo e fataq (eatable) every night
3. Daroo e Anfia in nostrils.
4. Sugarcane
5. Healthy food
6. Apple cider vinegar
7. Dill
8. Carrot juice
9. Lemon juice

10. Hollyhocks water

11. Salad

12. Daroo e Anfia + kandash 1 part + 2part
black seeds in nostrils

Precautions:

1. Treat constipation
2. Treat cough
3. Avoid fried food
4. Chew the meal properly

Things to avoid:

1. Smoking
2. Wine
3. Maize
4. Fried food
5. Fast food
6. Overeating

Diarrhea, dysentery and bleeding

Treatment:

1. Rice's sawiq

2. Rice bread
3. Rice's soup
4. Almond oil
5. Honey +black seeds
6. Sawiq e garoos (setaria viridis+black cumin)

Tib e Ahlebait's medicines:

1. Jame' Imam Raza a.s +muwarid water
2. Jame' +honey
3. Ibn e Bastham
4. Zaheer (زَحر)

A man complained about diarrhea. Imam Ja'far sadiq a.s suggested him to have rice's bread. It cures diarrhea and cleanses the stomach.

(al Kafi part 6 pg 305)

Obesity

Treatment;

1. Taking bath daily at morning
2. Fresh fish

3. Foods which gives heat to the body such as walnut+carom seeds at night about 2 tsp
4. Senna+ red rose(tea)
5. Portulaca oleracea seeds and leaves early in the morning
6. Sawiq e Jo (sawiq of barley)
7. Prevent to be hungry
8. Skip lunch
9. Pumpkin sweet (halwa)
10. Cinnamon tea with honey
11. Vinegar after meals
12. Exercise

Medicine in Tib e Ahlebait:

1. Daroo e Buqlat ul Fatima
2. Hazoom

3. Shabas (medicine for cholesterol)

4. Cow's fat

5. Senna flower

Preventions:

1. Avoid oily food

2. Use cow's fat instead ghee etc.

3. Use flour with its fiber

4. Eat less

5. Skip lunch

6. Less meat

7. Avoid fried food

8. Avoid sweets and chemicals

9. Don't rest or sleep immediately after meal

10. Avoid much sleep

Disadvantages of overeating in ahadith

1. Body odor
2. Dull face
3. Weakens faith
4. Distance from Allah
5. Involved in sins
6. Rebellion against Allah
7. Aversion
8. Skin diseases (leprosy)
9. Root of all diseases
10. Neck sweating
11. Obesity
12. Forgetting Allah
13. Will be hungry on the day of judgement

14. Negligence in prayers and recitation
15. Laziness
16. Absence of mind
17. Destroys body health
18. Stomachache
19. Immune deficiency
20. Cruelty, obdurate
21. Squandering
22. Forgetfulness
23. Sinful soul
24. No knowledge wisdom
25. Pride, jealousy, and other soul diseases
26. Careless about the end
27. Foolish
28. Sinful life

29. Malicious deeds
30. Prohibited deeds
31. Lassitude
32. Not feeling hungry
33. Digestion issues
34. Fool, idiot
35. Nonsense
36. A little memory
37. Getting bored
38. Missing tahajjud
39. Body's laziness and tiredness
40. Hate morality and bravery

(Al Kafi, Mustadrak ul Wasail, Bihar ul Anwar and Wasail ush shi'a)

Snorting

Reasons:

1. Obesity or overweight
2. Tiredness
3. Overeating at dinner
4. Nose bone enlargement
5. Breathing problems, which should be cured

Treatment:

Boil cabbage along with vinegar and have it at night.

Stomach worms

Treatment:

1. Use seven dates at bed time
2. Take vinegar early in the morning (have some honey after vinegar to prevent acidity)



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